

KABELE FAREWELL SERVICES SUNDAY AT ZION LUTHERAN

The Rev. Geo. P. Kabele, who is in his fifth year as pastor of Zion Lutheran church, will close his work here with a farewell service Sunday at 10:45 a. m. and will leave 1 p. m. following week to begin his new pastorate at Fresno, California, March 1.

At the farewell service Sunday morning, in addition to his farewell message, there will be adult and children's baptism and reception of members by letter and celebration of the Holy Communion. Dr. Kabele expects this to be a very impressive and inspiring service, and expresses the hope that he and Mrs. Kabele will be able, at its close, to greet all the members of the church and their friends in the community for a farewell handshake.

The church has prospered during the pastorate of Mr. Kabele and grown in membership. Except for the mortgage indebtedness on the church's property, all financial obligations are paid to date, and the congregation will be left in a harmonious and well organized condition. No successor to Dr. Kabele has as yet been determined upon, but supplies for the pulpit will be secured as soon as possible, and the Sunday school and organizations will continue to meet regularly.

Dr. and Mrs. Kabele have endeared themselves to their people and made many friends in the community whose best wishes will follow them to their new field of labor. While here Dr. Kabele has been secretary and president of the Medford Ministers' association, a past secretary of the Rogue River Valley Ministers' association, and has taken an active interest in the community welfare. Mrs. Kabele has shared sympathetically and actively in all Dr. Kabele's labors. She was one of the leading organizers of the Women's Missionary Federation of Medford and has been its only president for the two years since organized, and has been a large factor in making it the splendid success it is. She is also an active member of the Travel club. The Ladies' Aid society of Zion church, at its meeting Thursday, arranged to sponsor a covered dish farewell dinner next Monday at 7 p. m. in the church parlors in honor of Dr. and Mrs. Kabele, to which all the members and friends of the church are invited. The Rev. A. M. Knudsen of Longview, Wash., president of the Pacific Synod of the United Lutheran Church in America, will also be present and speak at this dinner.

FULLER SELECTED FOR POSTMASTER

John H. Fuller appeared today to be the successful candidate for the postmastership of Ashland. Rated among the three highest of the 11 candidates who filed for the position, Mr. Fuller has been recommended for the post and his appointment was expected to receive Senate confirmation before March 1. Mr. Fuller will replace Fred D. Wagner, who has held the Ashland postmastership since 1923 and whose term expired last January 22. Mr. Fuller has held many public positions in Ashland and at present is city judge, having been re-appointed to this post at last Tuesday's meeting of the city council. It is expected that he will resign from the judgeship when he takes over the duties of postmaster.

THERE IS NO SUBSTITUTE FOR NATURAL "BULK"

Needed to Correct Constipation*
Most people recognize the seriousness of constipation. But too often they dose themselves with strong cathartics that often actually lead to chronic constipation. The natural way to check common constipation is to correct the condition which causes it—usually, insufficient "bulk" in meals. How can you get "bulk"? Fruits and vegetables have some. Bran has more. The most popular product of this kind is Kellogg's ALL-BRAN. The "bulk" in ALL-BRAN is gentle in action. ALL-BRAN also supplies vitamin B and iron. This delicious cereal is a wholesome food. Serve ALL-BRAN regularly for regularity, with milk or cream—or use in cooking. Two tablespoonsful of ALL-BRAN daily will usually correct constipation due to insufficient "bulk." If not relieved, see your doctor. ALL-BRAN gives you gentle internal exercise. Sold by all grocers. Made by Kellogg in Battle Creek.

Menus of the Day

(By Mrs. Alexander George)
STEAMED DATE PUDDING
(It's Quality Made)
Meals Serving Four
Breakfast
Grapefruit
Boiled Rice and Cream
Buttered Toast Coffee
Luncheon
Ham Vegetable Salad
Cheesed Wafers
Chocolate Cookies Cherry Sauce
Tea
Dinner
Swiss Steak Baker Potatoes
Escalloped Tomatoes
Bread Raspberry Jam
Celery
Steamed Date Pudding
Creamy Sauce
Coffee
Ham Vegetable Salad
1 cup sliced cooked ham
2-3 cup cooked peas
1/2 cup sliced celery
1 tablespoon chopped onions
1 tablespoon chopped pickles
1/4 teaspoon salt
1/4 teaspoon pepper
1-3 cup salad dressing.
Mix and chill ingredients. Serve on crisp lettuce leaves.
Steamed Date Pudding
1 cup flour
1 1/2 teaspoons baking powder
1-3 cup sugar
1 teaspoon vanilla
1/4 teaspoon salt
1/2 cup chopped dates
1/4 cup nuts
1 egg
1/4 cup milk
2 tablespoons melted fat
Place fat in pudding mold and melt. This greases the mold. Add fat to rest of ingredients and beat well. Half-fill mold, cover tightly and steam 1 hour. Unmold and serve warm, cut in slices.
Creamy Sauce
(For Baker or Steamed Puddings)

1/2 cup sugar.
2 tablespoons flour.
3 tablespoons butter.
1 cup water.
1/2 teaspoon vanilla.
Blend sugar and flour. Add water and butter and cook 2 minutes. Stir constantly. Add rest of ingredients and serve sauce warm.
Biscuit dough, rolled thin and spread with grated sweet chocolate, when rolled up, sliced and baked, makes a sweet tidbit for afternoon tea.

ASHLAND CHAMBER ELECTION PLANNED

Members of the Ashland Chamber of Commerce were today in possession of nomination ballots for the election of seven members of the board of directors. The ballots are to be returned prior to next Tuesday evening.
Instructions accompanying the ballots provided for the checking of 14 members who are not now on the board, or whose terms expire March 1. The 14 names will be placed on the final election ballot, with seven to be elected. The six highest will serve for two years and the seventh for one year, or until the expiration of the unfinished term of Dr. B. G. Barkwill, retired.
Those whose terms expire this year and who are eligible for reelection are C. W. Portmiller, George W. Dunn, Dr. R. L. Burdick, Henry Endera, P. R. Hardy, J. E. Thornton and Frank Jordan successor to Dr. Barkwill.
Are you a member of SHELVY'S B. HOFFMAN'S HOSIERY CLUB? Join Now.

WE CAN HAVE ALL THE BREAD AND NEW NUCOA WE WANT! MAMMA SAYS IT'S SO GOOD FOR US!



You'll Agree The NEW NUCOA is the finest spread for breads you ever tasted

Made from fine vegetable oils, fresh, pasteurized milk and salt, this amazing new vegetable margarine is perfect for all cooking, too!

By IDA BAILEY ALLEN

"I DON'T see how any woman can help but try the amazing New Nucoa at once. It is such a delicious spread for breads! The hot Toast Test—the real flavor test of any spread—will prove that. "Yet, the New Nucoa actually saves you 10¢ to 15¢ a pound over the most commonly used spread for breads!"

Marvelous in Cooking, Too
"Try it in your kitchen and see how fine it is for baking cakes, biscuits and pie crust! Perfectly delicious, too, for seasoning vegetables... and for making sauces, gravies, candies, and for frying!"
"And the New Nucoa is rich in food-energy content. It actually furnishes 3300 calories per pound—as much as the most expensive spread! How fine for growing children. Get a pound today!"

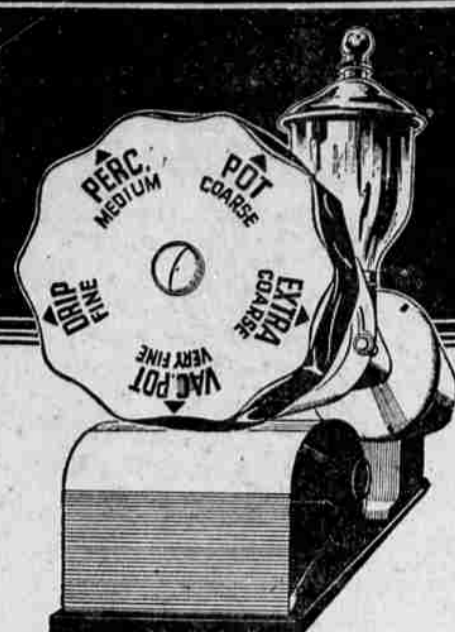
IDEAL FOR EVERY TABLE AND COOKING USE

- Delicious on all breads
- Rich seasoning for vegetables
- A perfect shortening
- Excellent for frying

MADE BY THE MAKERS OF BEST FOODS REAL MAYONNAISE

Coffee

SEE IT GROUND — KNOW IT'S FRESH!



Here you see illustrated—in enlarged form—the new adjustable handwheel recently installed on our coffee mills. This new invention regulates the mill to grind coffee for drip, percolator or coffee pot. There's no guesswork to this device—it is scientifically accurate and correct. For best results, buy FRESH coffee FRESHLY ground to your order.

These Prices Effective Sat. and Mon., Feb. 22-24

Kellogg's DEAL

2 pk. Whole Wheat Biscuits
1 pk. Wheat Krispies

All For **25c**

BISQUICK

Makes delicious biscuits

Large 40 oz. pkg. **25c**

COFFEE

AIRWAY
Goes Farther, Tastes Better and Costs Considerably Less

NOB HILL
You can pay more for coffee but you can't buy finer grown or more carefully selected and roasted coffee at any price.

POUND 15c

POUND 20c

SALT
Max-i-mum—Plain or Iodized 26 oz. pkg. **5c**

SYRUP
Karo Blue Label 5 lb. pail **29c**

CORN
Lindy Golden Bantam No. 2 can **10c**

String Beans
Cut Stringless 3—No. 2 cans **25c**

Dependable MEATS

Steer Beef ROAST
Choice, Tender Cuts
lb. **13 1/2c**

Beef Cubes
Boneless. For Stewing or Braising
lb. **15c**

Hamburger
All Beef, No Cereal
lb. **10c**

Crabs 2 for **29c**
Fresh Ocean

Pork Sausage lb. **15c**
or Ground Steak

Pork Roast lb. **19c**
Shoulder Cuts

BACON
Swift's Radio Eastern Sugar Cured Lb. **23c**

BEANS
Red Mexican or Small White Navy 5 lbs. **17c**

Peanut Butter **25c**
Max-i-mum, in bulk. All No. 1 peanuts used 2 lbs.

Jell Desert **4c**
Taste More. Assorted Flavors Each

Candy Bars **10c**
3 for

Shortening **98c**
All Purpose 8 lb. pail

Milk Nestles **19c**
Packed in Medford Made Boxes 3 cans

Deviled Meat
Libby's 1/4 size 4 for **15c**

Soup
Van Camp's Vegetable 2 lrg. cans **25c**

White King
Granulated Soap Lrg. pkg. **32c**

Cigarettes **27c**
Kools 2 Pkgs.

Syrup
Sleepy Hollow Qt. **35c**

Brooms
4-5ew Good quality Each **35c**

Tomatoes
Large 2 1/2 can **10c**

Soap
Palm Olive 3 bars **14c**

Flour
Castle Montana Hardwheat 24 1/2 lb. bag **75c**

Grapefruit
Del Monte Fancy No. 2 cans 2 for **25c**

Toilet Paper
Scott Tissue 3 rolls **23c**

Cocoa
Wholesome 1/2 lb. Bakers—Pure **10c**

Dog Food
Calo. 1 lb. can **9c**

Candy
Hard Mix Clean-up price Lb. **5c**

Beets
Brookview Sliced No. 2 can **10c**

Baby Food
Libby's Homogenized 3 for **25c**

Salad Dressing
Salad Serve Qts. **35c**

K. C. Baking Powder
25 oz. can **17c**

Garden Fresh VEGETABLES

ONIONS
Sweet Spanish 10 lbs. **15c**

POTATOES
No. 2 Packed in Medford Made Wooden Boxes 50 lbs. **59c**

No. 1 Fancy Bakers 25 lbs. **59c**

LETTUCE
Fancy Large Solid Head Each **5c**

CELERY
Large Fancy Well Bleached Each **15c**

LEMONS
(360s) Sunkist. Full o' juice Doz. **23c**

ORANGES
150 size Sunkist. Juicy Doz. **33c**

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